



news and information
for employees of the
City of Saint Paul

July 14, 2000

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Norm Coleman

Councilmembers

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City Update

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The City and County WIC program

"WIC is a wise investment. It generates important short-term reductions in medical costs and long-term improvements in the health and productivity of children. WIC is the equivalent of a triple-A rated investment: it is one of the most reliable ways government can invest its resources.

"We cannot become what we want to be if babies continue to come into this world disadvantaged from the beginning, or if children fail to receive the basic nutrition they need to develop into strong and healthy adults. WIC attacks these problems at their very core. It helps save lives, and makes a difference between children who merely survive and those who thrive. And in doing so, it improves the quality of life for all of us."

Corporate support for the WIC program: testimony presented to the House Committee on the Budget, March 6, 1991, by CEOs from AT&T, BellSouth Corporation, Honeywell, Inc., Prudential, and Sky Chefs, Inc.

WIC serves many families in which both parents work. WIC is a health program, not a welfare program, and the income standards are set high enough so that WIC benefits can be extended to many working families. For example, a family of four (with a child under the age of two) with a gross income of \$47,748 may qualify for WIC. Complete income guidelines can be found at: www.co.ramsey.mn.us/PH/wic.htm.

WIC benefits include:

- *nutritious foods (given via vouchers redeemed in local stores) — milk, cheese, eggs, peanut butter, legumes, iron-rich cereals, Vitamin C-rich juices, and iron-fortified infant formula (for those infants whose mothers choose not to breastfeed); special food packages are available for exclusively breastfeeding women and homeless participants; Farmers' Market coupons are also given to WIC participants in the summer to be used to purchase MN grown fresh produce

- *individualized nutrition education counseling for problems like anemia, underweight, over-

weight, low weight gain during pregnancy

- *referrals to medical care and to community programs such as ECFE, child care, Head Start, etc.

In the Saint Paul-Ramsey County Department of Public Health WIC Program, there are nine Saint Paul WIC clinics. Seven are in the city and two are in the suburbs. All clinics have late/evening hours in order to serve students and working families. Call 651-292-7000 to find out more about WIC.

Shades: more than a fashion statement

Sunglasses are more than a summer fashion accessory — they also protect the eyes from potentially harmful ultraviolet rays. Here are some tips for purchasing sunglasses:

- Check the label for UV protection and look for 99 or 100 percent.
- Look for shades that are close-fitting and opt for larger lenses or wrap-arounds to prevent light from entering through the sides.

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www.ci.stpaul.mn.us

Places to go. Things to do.

ilovesaintpaul.com

Toastmasters officers installation

On June 28th the Public Employees Toastmasters Club had its 10th Annual Officers Installation and made it a gala event with Mayor Norm Coleman giving brief remarks, and Laura Carmody giving a tall tale speech entitled "The Quest for the Nairobi Ruby." Laura is a member of a toastmasters club that meets at Minnesota Life.

An address of thank yous was given by outgoing Toastmasters President Wayne Hanson and a speech of the plans for the new Toastmasters year was given by Dick Hedman. Hedman and Hanson are Public Works employees.

All City employees are encouraged to visit and see if they would like to join toastmasters. Public Employees Toastmasters meet in room 1503 every Wednesday in the City Hall Annex. Guests are always welcome.

The mission of Public Employees Toastmasters is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

For more information call Dick Hedman at 651-266-6148 or Wayne Hanson at 651-266-6077 or check www.toastmasters.org. The Public Employees Toastmasters hope to see you at their next meeting!



Laura Carmody and Mayor Coleman

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- Hold the glasses up to a straight edge, such as the edge of a counter. If the image reflected back is wavy instead of straight, the lenses are distorted and could cause headaches and vision impairment.

- Choose polarized lenses to reduce glare.

- Don't be misled by price. High prices may reflect fashion trends rather than degrees of protection.

- Those who wear UV-absorbing contact lenses should still wear sunglasses for maximum protection.

City job openings as of July 14th, 2000

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
07/17/00	Administrative/Legislative Assistant - PED	\$1508.81	07/27/00
Open	Clerical assistant (part-time)	\$9.00 per hr	See Job Ann
Open	Clerk-Typist II Spanish/Bilingual Speaking	\$23,840.00 annual	See Job Ann
Open	Clerk-Typist II (full & part-time)	\$23,800.00 annual	See Job Ann
Open	Communications Tech Helper (seasonal/full-time)	\$11.90 per hr	See Job Ann
Open	Communications Technician	\$1365.82	See Job Ann
Open	Communications Technician Trainee	\$1171.33	See Job Ann
Open	ECC Telecommunicator	\$1308.98	See Job Ann
Open	**Food Service Assistant (part-time)	\$9.01 per hr	See Job Ann
Open	Food Service Helper (part-time)	\$8.00 per hr	See Job Ann
Open	Golf Ranger (part-time/seasonal)	\$6.17 per hr	See Job Ann
Open	House Custodian I (part-time)	\$9.00 per hr	TBN
07/18/00	Human Rights Specialist	\$1465.10	07/21/00
Open	IS Information/Technical Analyst II	\$1397.98	See Job Ann
Open	IS Information/Technical Analyst III	\$1550.12	See Job Ann
Open	IS Systems Support Specialist II	\$1148.08	See Job Ann
Open	IS Systems Support Specialist III	\$1397.98	See Job Ann
Open	Food Service Assistant (part-time)	\$9.01 per hr	See Job Ann
Open	Food Service Helper (part-time)	\$8.00 per hr	See Job Ann
Open	Life Guard (temporary)	\$7.25 per hr	TBN
Open	Park Aide (part-time/seasonal)	\$7.06 per hr	See Job Ann
Open	Refectory Attendant (part-time/seasonal)	\$9.17 per hr	See Job Ann
Open	Senior Pool Attendant (part-time/seasonal)	\$8.75 per hr	See Job Ann
07/17/00	Substitute School Clerk	\$1021.94	07/20/00
Open	Swimming Pool Supervisor (part-time/seasonal)	\$10.25 per hr	See Job Ann
Open	Ticket Sellers - RiverCentre (part-time)	\$6.50 per hr (in training)	TBN
07/28/00	Volunteer Coordinator	\$14.90 per hr	See Job Ann
Open	Water Safety Instructor (temporary)	\$7.75 per hr	TBN

** This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the website: www.ci.stpaul.mn.us/jobopenings. For jobs announced after July 6th, please call our 24-hour job line, 651-266-6502.